

# HEALTH AND WELLNESS FOR THE PROFESSIONAL



**We are not just parents,  
professionals and friends**

**We have spent the larger  
part of our lives  
identifying with our jobs,  
honest and dependable, caring,  
reliable in a crisis.**



# How do you define mental health?



- Our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.

# Background

- 1 in 6 South Africans suffer from anxiety, depression or substance use problems
- Former president of SASOP, Dr Eugene Allers: 6 million people in SA could suffer from post traumatic stress disorder
- UCT study: 1 in 3 women suffer from post natal depression
- SADAG: 27% of South Africans with mental health care needs received treatment

# So how do we look after our mental health?



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# Trauma debriefing

- Introductory phase
- Fact Phase
- Feeling Phase
- Symptom Phase
- Teaching Phase
- Re-Entry Phase
- Closure
- Follow-up



2 weeks since the robbery took place to you still struggle with the following:	Not at all	Several days	More than half the days	Nearly every day
Having feelings of fear throughout the day	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or over eating	0	1	2	3
Not being able to concentrate on work	0	1	2	3
Not being able to concentrate on personal things such as family responsibility	0	1	2	3
Experiencing anxiety attacks	0	1	2	3
Finding yourself re-living the traumatic experience	0	1	2	3

# Habits of mentally strong people

Change your outlook.

When hard times hit, people with mental strength suffer just as much as everyone else.

Life's challenging moments offer valuable lessons.

Developing mental strength is all about habitually doing the things that no one else is willing to do.

Make mistakes, look like an idiot and try again

Keep your emotions in check

You have to make the calls you're afraid to make

# A friend in need

The first step to helping friends and loved ones is to get them to talk about it. There are still so many sufferers who feel alone, scared and misunderstood. Increased awareness and a policy of educating the public about mental health issues will encourage more people to share their diagnoses and seek help.





# You have to fight when you already feel defeated

A reporter once asked Muhammad Ali how many sit-ups he does every day. He responded, “I don’t count my sit-ups, I only start counting when it starts hurting, when I feel pain, cause that’s when it really matters.” You always have two choices when things begin to get tough: you can either overcome an obstacle and grow in the process or let it beat you. Humans are creatures of habit. If you quit when things get tough, it gets that much easier to quit the next time. On the other hand, if you force yourself to push through a challenge, the strength begins to grow in you.

# How to look after your mental health

- Talk about your feelings
- Keep active
- Eat well
- Drink sensibly
- Keep in touch



# How to look after your mental health

- Ask for help
- Take a break
- Do something you're good at
- Accept who you are
- Care for others



How are you feeling?

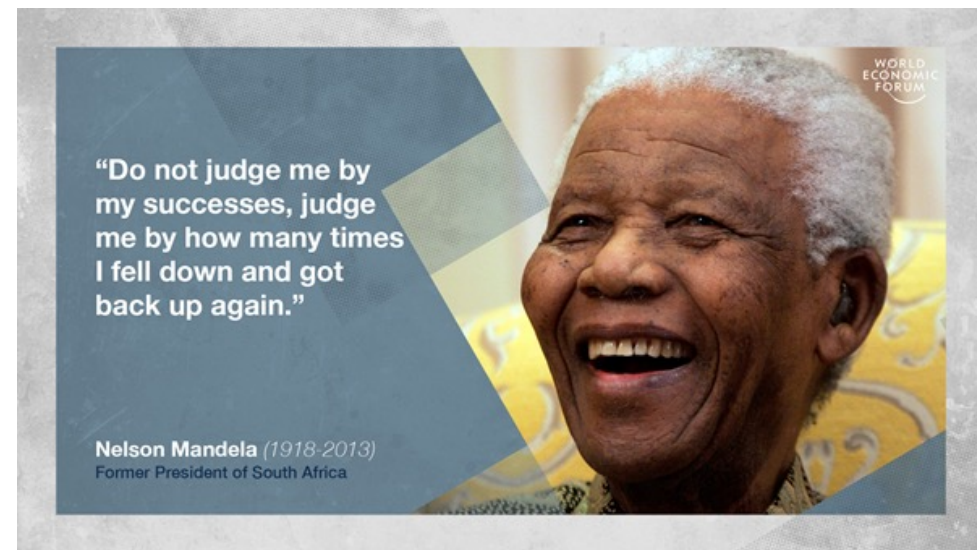
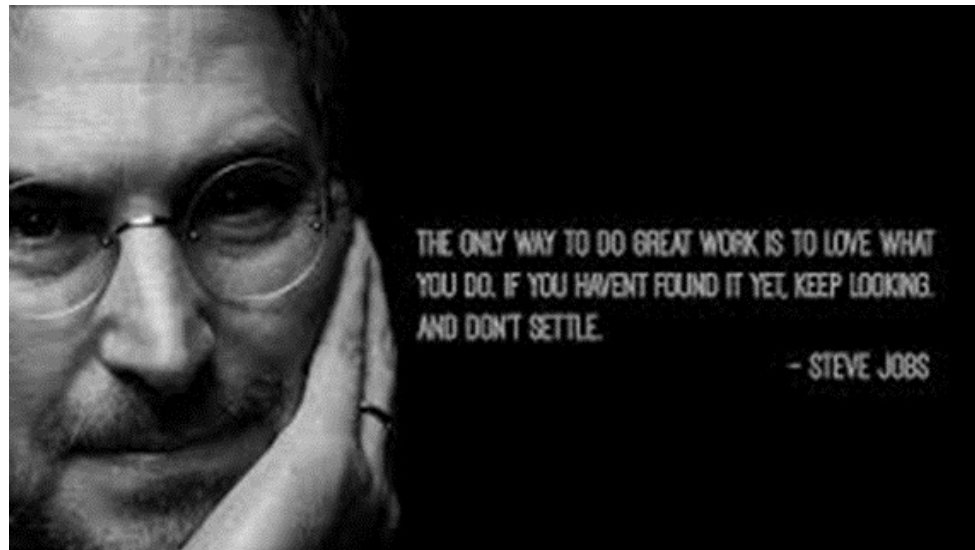


# You have to focus on the details even when it makes your mind numb

- Nothing tests your mental strength like mind-numbing details, especially when you're tired. The more people with mental strength are challenged, the more they dig in and welcome that challenge, and numbers and details are no exception to this.
- People with mental strength believe in themselves no matter what

# You have to be accountable for your actions, no matter what.

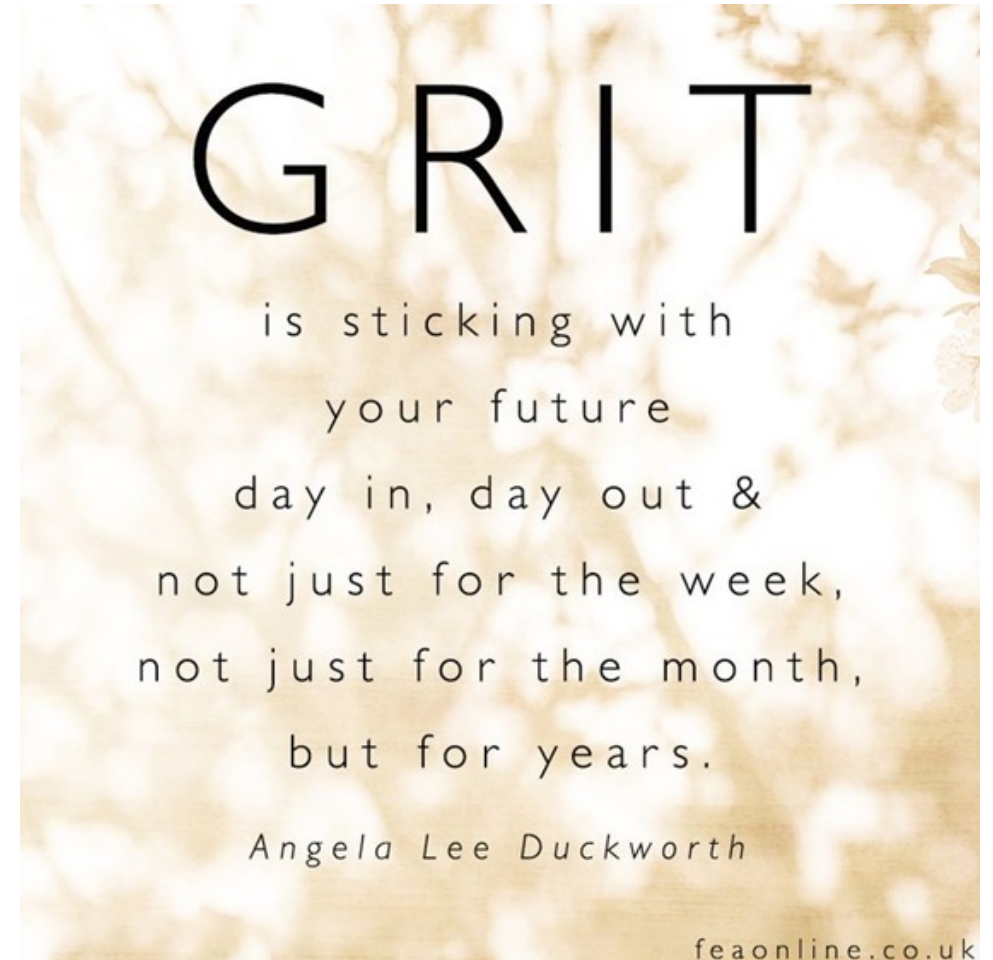
People are far more likely to remember how you dealt with a problem than they are to recall how you created it in the first place. By holding yourself accountable, even when making excuses is an option, you show that you care about results more than your image or ego.



# Dr Stan Beecham, sports psychologist and author of 'Elite Minds'

We all live in a culture and society that is obsessed with better... The problem with better is: better is about the future. You cannot get better now. But performance, everything that you do, you do in the now. Whatever the situation that you are in, even if it is not an ideal situation, you could still make the best of it. If you consistently do your best, what is going to happen over time? You get better. You grow and develop by consistently doing your best... No matter what you think about yourself, you are good enough to do your best right now. When human beings are at their best, they do not go forward in the future. They do not go backwards in the past. They stay present

# Keep the faith AND Find good in what you do





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**IF ALL ELSE FAILS, GET HELP**



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**THANK YOU**